

GLUTEN-FREE OPTIONS

STARTERS

SOUP OF THE DAY €5.75

a choice of our vegetable soup or chef's special of the day served with gluten free bread ③⑦⑨

CAJUN CHICKEN CAESAR SALAD €8.95

cajun spiced chicken, bacon lardons, baby gem, aged parmesan & house caesar dressing ③④⑩

SILKEN HOT 'N' SPICY WINGS €8.95

blue cheese dip, celery batons ③⑥⑦⑨

BBQ BABY BACK RIBS €8.95

served with house slaw ⑥⑨⑩⑫

MAINS

ROAST IRISH BEEF €14.95

yorkshire pudding, roasties, creamed potatoes, vegetables, traditional gravy, horseradish ③⑦⑨⑫

GLUTEN-FREE BATTERED FILLET OF FRESH FISH €15.95

fries, mint & pea puree, tartare sauce ③④⑥⑦⑫

ORIENTAL STIR-FRY €13.95

tossed in our chili sauce with crisp vegetables served with rice (add chicken €1)

SILKEN CHICKEN CURRY €14.95

our now famous, mild & sweet chicken curry (add fries €1) ①②⑥⑨

100Z SIRLOIN €25.50

tender & full of flavour

DESSERTS

STRAWBERRY MERINGUE €6.95

a tower of fresh strawberry & crisp meringue with fresh cream ③⑦

***FOR FURTHER OPTIONS PLEASE SEE YOUR SERVER**

allergens

- | | | | |
|---------------|------------|-------------|------------|
| ① cereals | ⑤ peanuts | ⑨ celery | ⑬ lupins |
| ② crustaceans | ⑥ soybeans | ⑩ mustard | ⑭ molluscs |
| ③ eggs | ⑦ milk | ⑪ sesame | |
| ④ fish | ⑧ nuts | ⑫ sulphites | |

